

## BETROOT, CARROT & GINGER JUICE

**Prep time:** 5 minutes **Serves:** 2

### Ingredients

- 1 large fresh beetroot (200g), trimmed, cut into wedges
- 2 medium carrots (240g), chopped
- 2 medium red-skinned apples (300g), chopped coarsely
- 2cm (¾-inch) piece fresh ginger (10g), peeled, grated finely

1. Push beetroot, carrot and apple through a juice extractor into a medium jug; stir in ginger.
2. Serve immediately topped with crushed ice, if you like.

### Did you know?

Beetroot is a great source of folic acid and a good source of fibre, manganese and potassium. It has been found to increase white blood cells and reduce blood pressure.

It is one of the richest sources of the amino acid, glutamine which is essential to intestinal tract health.

